

# Lesson 28. Emergency Preparedness

## Lesson Purpose

To provide a basic overview of how to prepare for various types of emergencies.

## Learning Objectives

Participants will be able to:

- Describe basic steps in developing an emergency plan.
- Identify specific emergency preparedness strategies for seniors.
- Complete an emergency preparation checklist.

## Materials

Presentation: Emergency Preparedness

Handout(s): *“Emergency Preparedness Checklist”*

Supplement: *“Three Key Steps that Individuals and Families Should Take to be Properly Prepared for Unexpected Emergencies,”* from the Department of Homeland Security. Download at [www.hhs.gov/hhspublic](http://www.hhs.gov/hhspublic)  
Display newspaper and magazine articles on emergency preparedness.

## Related Resources

Virginia Department of Emergency Services

Federal Emergency Management Agency (FEMA), [www.fema.gov](http://www.fema.gov)

American Red Cross, [www.redcross.org](http://www.redcross.org)

## Lesson Plan

Time	Main Points	Slide
<b>Introduction</b>		
5 min.	The next time disaster strikes, you may not have much time to act. Prepare now for a sudden emergency. Learn how to protect yourself and cope with disaster, by planning ahead.	1 - 2
	Cite recent disasters and give examples of the importance of preparation, as well as the hazards of not preparing.	2
	Today, we'll look at basic steps in developing an emergency plan, and we'll complete an Emergency Preparation Checklist.	2
	Distribute handout: <i>“Emergency Preparedness Checklist”</i>	

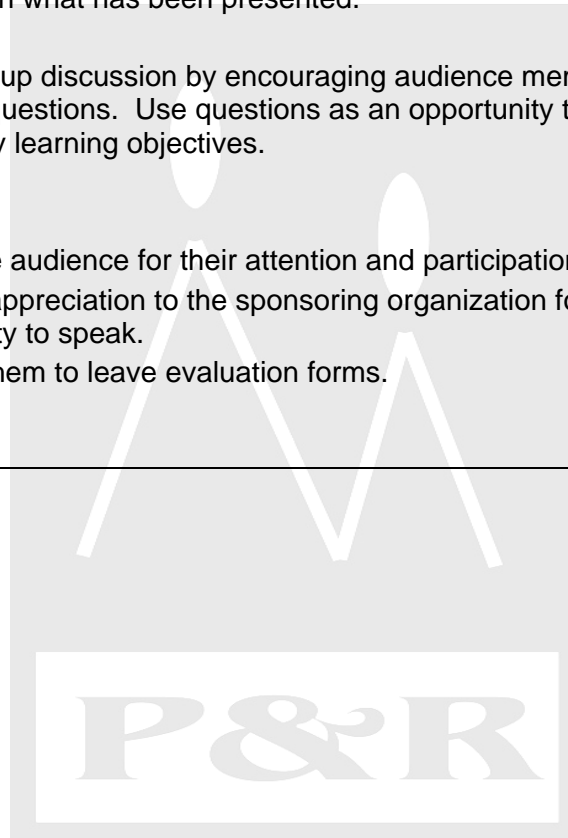
Time	Main Points	Slide
<b>Presentation</b>		
1 min.	<b>Call Your Emergency Management Office or American Red Cross Chapter</b> They have extensive information on: <ul style="list-style-type: none"> <li>▪ How to prepare for each disaster.</li> <li>▪ How you will be warned about an emergency.</li> <li>▪ Evacuation routes.</li> <li>▪ Special assistance for elderly or disabled persons.</li> <li>▪ Workplace information about emergency plans.</li> <li>▪ Emergency plans for your children's school or day care center.</li> </ul>	3
10 min.	<b>Create an Emergency Plan</b> <ul style="list-style-type: none"> <li>▪ Meet with household members to discuss the dangers of fire, severe weather, earthquakes and other emergencies. Explain how to respond to each.</li> <li>▪ Find the safe spots in your home for each type of disaster.</li> <li>▪ Discuss what to do about power outages and personal injuries.</li> <li>▪ Draw a floor plan of your home. Mark two escape routes from each room.</li> </ul>	4
	<ul style="list-style-type: none"> <li>▪ Show family members how to turn off the water, gas and electricity at main switches when necessary.</li> <li>▪ Post emergency telephone numbers near telephones.</li> <li>▪ Teach children how and when to call 9-1-1, police and fire.</li> <li>▪ Instruct household members to turn on the radio for emergency information.</li> <li>▪ Pick one out-of-state and one local friend or relative for family members to call if separated during a disaster (it is often easier to call out-of-state than within the affected area).</li> </ul>	5
	<ul style="list-style-type: none"> <li>▪ Teach children your out-of-state contact's phone numbers.</li> <li>▪ Pick two emergency meeting places: <ol style="list-style-type: none"> <li>1) A place near your home in case of a fire.</li> <li>2) A place outside your neighborhood, in case you cannot return home after a disaster.</li> </ol> </li> <li>▪ Take a basic first aid and CPR class.</li> <li>▪ Keep family records in a water- and fire-proof container.</li> </ul>	6

Time	Main Points	Slide
8 min.	<p><b>Prepare a Disaster Supplies Kit</b>  Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffle bag.  Include:</p> <ul style="list-style-type: none"> <li>▪ A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers. Identify the storage date and replace every six months.</li> <li>▪ A supply of non-perishable, packaged or canned food and a non-electric can opener.</li> <li>▪ A change of clothing, rain gear and sturdy shoes.</li> <li>▪ Blankets or sleeping bags.</li> <li>▪ A first-aid kit and prescription medications.</li> <li>▪ An extra pair of eyeglasses.</li> </ul>	7
	<ul style="list-style-type: none"> <li>▪ A battery-powered radio, flashlight and plenty of extra batteries.</li> <li>▪ Credit cards and cash.</li> <li>▪ An extra set of car keys.</li> <li>▪ A list of family physicians.</li> <li>▪ A list of important family information, including the style and serial number of medical devices such as pacemakers.</li> <li>▪ Special items for infants, elderly or disabled family members.</li> </ul>	8
3 min.	<p><b>Escape Plan</b>  In a fire or other emergency, you may need to evacuate on a moment's notice. Be ready to get out fast. Develop an escape plan by drawing a floor plan of your residence. Show the location of doors, windows, stairways, large furniture, emergency supplies (Disaster Supplies Kit), fire extinguishers, smoke detectors, collapsible ladders, first-aid kits and utility shut-off points.</p> <p>Indicate at least two escape routes from each room, and mark a place outside of the home where household members and/or your personal care attendant should meet in case of fire. If you or someone in your household uses a wheelchair, make more than one exit from your home wheelchair-accessible, in case the primary exit is blocked in a disaster.</p> <p>Include important points outside, such as garages, patios, stairways, elevators, driveways and porches. If your home has more than two floors, use an additional sheet of paper. Practice emergency evacuation drills at least twice each year.</p>	9

Time	Main Points	Slide
3 min.	<b>Home Hazard Hunt</b> <ul style="list-style-type: none"> <li>▪ In a disaster, anything that can move, fall, break or cause a fire is a potential hazard.</li> <li>▪ Repair defective electrical wiring. Smell for leaky gas connections. If you smell gas, turn the gas off and call a professional to repair it.</li> <li>▪ Keep the shut-off switch for oxygen equipment near your bed or chair, so you can get to it quickly if there is a fire.</li> <li>▪ Fasten shelves securely to the wall. Place large, heavy objects on lower shelves or the floor.</li> <li>▪ Hang pictures and mirrors away from beds. Bolt large pictures or mirrors to the wall.</li> </ul>	10
	<ul style="list-style-type: none"> <li>▪ Secure the water heater by strapping it to a nearby wall.</li> <li>▪ Repair cracks in ceilings or foundations.</li> <li>▪ Brace overhead light fixtures.</li> <li>▪ Store weed killers, pesticides and flammable products away from heat sources.</li> <li>▪ Have chimneys, flue pipes, vent connectors and gas vents cleaned.</li> </ul>	11
3 min.	<b>If You Need to Evacuate</b> <ul style="list-style-type: none"> <li>▪ Listen to a battery-powered radio for the location of emergency shelters. Know, in advance, the location of wheelchair accessible shelters. Follow the instructions of local officials.</li> <li>▪ Wear appropriate clothing and sturdy shoes.</li> <li>▪ Take your Disaster Supplies Kit.</li> <li>▪ Lock your house.</li> <li>▪ Use travel routes specified, or special assistance provided by, local officials.</li> </ul>	12
	<b>If you are sure you have time...</b> <ul style="list-style-type: none"> <li>▪ Shut off water, gas and electricity <i>if</i> instructed to do so.</li> <li>▪ Let others know when you left, and where you are going.</li> <li>▪ Make arrangements for pets. Animals other than service animals may not be allowed in public shelters.</li> </ul>	13
2 min.	<b>Prepare a Car Kit</b> Include: <ul style="list-style-type: none"> <li>▪ Battery-powered radio, flashlight, extra batteries and maps.</li> <li>▪ Blanket and first-aid kit.</li> <li>▪ Shovel.</li> <li>▪ Tire repair kit, booster cables, pump and flares.</li> <li>▪ Fire extinguisher (5 lb., A-B-C type).</li> <li>▪ Bottled water and non-perishable foods, such as granola bars, raisins and cookies.</li> </ul>	14

Time	Main Points	Slide
2 min.	<b>Fire Safety</b> <ul style="list-style-type: none"> <li>▪ Plan two escape routes out of each room. If you cannot use the stairways, make special arrangements for help in advance. Never use the elevators.</li> <li>▪ Install smoke detectors. Clean and test smoke detectors once a month. Change batteries at least once a year.</li> <li>▪ Consider installing home sprinklers.</li> <li>▪ If there is a fire, do not try to fight the fire. Get out fast. Do not stop for pets or possessions. Call the fire department after you are outside. Never go back into a burning building.</li> <li>▪ Feel the bottom of the door with the palm of your hand. If it is hot, find another way out.</li> </ul>	15
2 min.	<b>Summarizing</b> <ul style="list-style-type: none"> <li>▪ Get information from the Red Cross or Emergency Management Office.</li> <li>▪ Create an emergency plan.</li> <li>▪ Prepare a disaster supplies list.</li> <li>▪ Make an escape plan.</li> <li>▪ Identify home hazards.</li> <li>▪ Make an evacuation plan.</li> </ul>	16
<b>Practice/feedback</b>		
12 min.	<p>Distribute Emergency Planning Checklist, and ask participants to form pairs, or small groups of three or four.</p> <p>Ask participants to individually complete the checklist, then to discuss their responses to checklist items within the small group. During this activity, the instructor should circulate among groups and briefly look at checklist responses while listening to discussions.</p> <p>Conclude this activity by reviewing the areas where participants are using effective crime prevention strategies, and by identifying the areas where improvement is needed.</p>	17

Time	Main Points	Slide
<b>Evaluation</b>		
10 min.	<p><b>Set-up</b></p> <p>We have a few minutes for questions and additional discussion. While we're doing that, we have a brief evaluation form we'd like for you to complete and leave with us. Your name is not required, but your feedback is very important. It will help us improve our presentation and program.</p> <p>Distribute evaluation forms and ask for questions or additional comments on what has been presented.</p> <p>Promote group discussion by encouraging audience members to help respond to questions. Use questions as an opportunity to clarify and reinforce key learning objectives.</p> <p><b>Wrap-up</b></p> <ul style="list-style-type: none"> <li>▪ Thank the audience for their attention and participation.</li> <li>▪ Express appreciation to the sponsoring organization for the opportunity to speak.</li> <li>▪ Remind them to leave evaluation forms.</li> </ul>	18



## 28. Emergency Preparedness

Please tell us what you think about this lesson by circling the numbers that most closely reflect your opinions.

After this lesson . . .	Strongly Disagree	Disagree	Agree	Strongly Agree
a) I am better prepared to develop a Disaster Supplies Kit.	1	2	3	4
b) I am better prepared to develop an escape plan and an evacuation plan.	1	2	3	4
c) I am more knowledgeable about potential home hazards and how to eliminate them or reduce the risk from them.	1	2	3	4
d) I am better prepared to develop an emergency plan.	1	2	3	4
<b>About this lesson . . .</b>				
e) The information presented was valuable.	1	2	3	4
f) The lesson was presented in a clear and understandable manner.	1	2	3	4
g) Lesson activities and discussion were helpful.	1	2	3	4
h) I would recommend this lesson to others.	1	2	3	4

**What was the most valuable thing you learned?**

**Please give one example of how you plan to use the information presented in this lesson.**

**How could this lesson be improved?**

